



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 42316, Babyfood, carrots, toddler**

**Report Date: June 24, 2017 22:26 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	93.50	--	--	26.51
Energy	kcal	26	--	--	7
Energy	kJ	109	--	--	31
Protein	g	0.60	--	--	0.17
Total lipid (fat)	g	0.30	--	--	0.09
Ash	g	0.37	--	--	0.10
Carbohydrate, by difference	g	5.23	--	--	1.48
Fiber, total dietary	g	2.3	--	--	0.7
Sugars, total	g	2.50	--	--	0.71
<b>Minerals</b>					
Calcium, Ca	mg	19	--	--	5
Iron, Fe	mg	0.20	--	--	0.06
Magnesium, Mg	mg	6	--	--	2
Phosphorus, P	mg	21	--	--	6
Potassium, K	mg	129	--	--	37
Sodium, Na	mg	48	--	--	14
Zinc, Zn	mg	0.20	--	--	0.06
Copper, Cu	mg	0.081	--	--	0.023
Selenium, Se	µg	0.8	--	--	0.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.7	--	--	0.2
Thiamin	mg	0.020	--	--	0.006
Riboflavin	mg	0.030	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Niacin	mg	0.250	--	--	0.071
Vitamin B-6	mg	0.050	--	--	0.014
Folate, total	µg	7	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	7	--	--	2
Folate, DFE	µg	7	--	--	2
Choline, total	mg	5.0	--	--	1.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	736	--	--	209
Retinol	µg	0	--	--	0
Carotene, beta	µg	7156	--	--	2029
Carotene, alpha	µg	3340	--	--	947
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	14710	--	--	4170
Lycopene	µg	1	--	--	0
Lutein + zeaxanthin	µg	167	--	--	47
Vitamin E (alpha-tocopherol)	mg	0.59	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	7.9	--	--	2.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.052	--	--	0.015
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.003	--	--	0.001
14:0	g	0.003	--	--	0.001
16:0	g	0.043	--	--	0.012
18:0	g	0.003	--	--	0.001
Fatty acids, total monounsaturated	g	0.012	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
16:1 undifferentiated	g	0.003	--	--	0.001
18:1 undifferentiated	g	0.009	--	--	0.003
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.148	--	--	0.042
18:2 undifferentiated	g	0.130	--	--	0.037
18:3 undifferentiated	g	0.019	--	--	0.005
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0